MODULE 1

NN101 Fundamentals of Nutrition

The Fundamentals of Nutrition course offers a comprehensive overview of the field of nutrition, which leads to a study and understanding of the link between nutrition and preventive medicine. The course explains the role of macronutrients, vitamins and minerals, and the importance of water in the diet. It describes how certain dietary habits undermine our health and provides suggestions for overcoming these habits. It looks at the effect of pollution on our health and the health of our planet.

NN101A Nutritional Symptomatology I

Through a diet of high nutritional quality, we can support life at every stage. Nutritional Symptomatology I explains the ten key components of a healthy diet and discusses the changing nutritional needs of various age groups during growth and development. Students learn the health benefits of and basic guidelines for fasting and detoxification.

NN102 Anatomy & Physiology

Anatomy and Physiology gives a general overview of the eleven body systems, explaining the structure and shape of the body and its parts as well as the relationship among them. This course covers the physiological processes by which the eleven systems operate and the nutritional symptomatology of each system.

NN103 Nutritional Symptomatology II

Analyzing symptoms relating to health is a valuable key in defining nutritional deficiencies. In Nutritional Symptomatology II, students learn the significance of symptoms as they relate to each individual. This course will assist the student in relating further learning to individual needs. 14 case studies are required by the end of the program.
MODULE 2

NN104 Preventive Nutrition

The prevention of degenerative diseases is becoming a major objective for many people. Preventive Nutrition explains how specific diets can retard or reverse the major ailments of our time, including: arthritis, arteriosclerosis, cataracts, cancer, diabetes, high blood pressure, senility and ulcers. Students will understand the damage of free radicals and the benefits of antioxidants. This course focuses on digestion and elimination.

NN105 Body-Mind-Spirit—The Connection

PART ONE - Nutrition and Mental Illness
In this course, students will explore every aspect of orthomolecular practice in the pursuit of mental health.

PART TWO - Anatomy of the Spirit
In the second part, students will discover how to consider and address the mental, emotional and spiritual contributors to disease and healing. Through an understanding of psychology, the human energy field, relationships and intuition, the student will explore a truly holistic way of guiding others towards wholeness. In addition, the journey through this course encourages students to develop their own innate gifts as healing professionals by coming into alignment with their life’s purpose.

NN106 Fundamentals of Business

The Fundamentals of Business course provides holistic nutrition students with the information necessary to seek gainful employment or to legally set up, market and conduct a thriving private practice. It helps them identify personal and career goals and to understand the laws, regulations and codes that govern nutritional consultancy.

MODULE 3

NN107 Chemistry & Bio-Chemistry

The Chemistry and Bio-Chemistry course is an introduction to the subjects of chemistry and biochemistry and requires no previous knowledge of these subjects. The course moves from an explanation of the structure of atoms to complex biological molecules and an explanation of how these molecules function in the body. The knowledge gained in this course enables students to read nutritional and health related literature in a knowledgeable manner and to discuss the issues with greater confidence.
NN108 Cellular Biology

The Cellular Biology course provides an overview of the five kingdoms of life, how they developed, what features are common to all kingdoms and what features are different. The student will learn the structure of the animal cell, its metabolism and the different types of cells that make up the human body. DNA and genes will also be discussed.

NN109 Pathology & Nutrition

The Pathology and Nutrition course presents common pathological disorders systematically, stressing their systems and underlying causes, and recommending a nutritional strategy where appropriate. Upon completion of this course, students are able to describe the categories of pathologies and their effects on the major organ systems. They are able to translate pathological terms into common language. In this course, students will learn to recognize specific pathologies from case histories and make nutritional recommendations based on their assessment.

NN110A Lifecycle Nutrition – Pediatric

The Lifecycle Nutrition – Pediatric course presents information on how to conceive and raise a healthy child in today’s world - a world in which our children’s health is declining at an alarming rate. It provides alternative health care recommendations (such as dietary, nutritional supplementation, and lifestyle changes) for the period from pre-conception to childhood. The controversial issue of vaccinations (amongst others) is discussed, along with ways to prevent and naturally manage common childhood health conditions such as allergies, food sensitivities, obesity, autism, asthma, ear infections, colds and flu.

NN110B Lifecycle Nutrition – Sports

This course provides information on all aspects of the relationship between nutrition and sports performance. It covers topics such as hydration, sports supplements, ergogenic aids and how to calculate optimal fluid, calorie, carbohydrate, fat, and protein requirements specific to your sport and goals. In addition, advice for vegetarian, female, young and competitive athletes is given.

NN110C Lifecycle Nutrition – Perspectives On Aging

This course presents well researched information designed to teach us how to live extended and fulfilling lives. Specifically, it emphasizes 3 tools known to promote longevity and health: (1) a simple, wholesome diet, (2) a daily exercise routine, and (3) the cultivation of strong, loving personal relationships.
MODULE 4

NN111 Eco-Nutrition

Eco-Nutrition explores the facts about metal and other elements in food, air and water and their effect on our health. Students gain insight into both the major causes of pollution and the existing threats to both the Earth’s and human immune systems. Students learn to make food choices that are wholesome and safe for everyone.

NN112 Allergies

Many physical and psychological problems are related to allergies. This course leads students to understand what allergy is, how it works in the body, and what steps can be taken to remove the condition permanently in a natural way.

NN113 Alternative / Comparative Diets

There are elements common to all healthy diets. The Alternative/Comparative Diets course helps students develop a clear understanding of the many types of diet as well as their therapeutic benefits or deficiencies. Students will learn to create diets specific to a client’s needs. The course explores the causes of obesity and individual strategies for weight loss.

NN114 Nutritional Literature Research

The Nutritional Literature Research course teaches students methods of assessing nutritional literature for credibility, accuracy and political biases. Students learn to recognize the special challenges of nutritional scientific research. In this course, students learn how to understand the structure and referencing of a journal paper.